

ATTACHMENT F

Physical Fitness Requirements

Dated: 4/11/12

Attachment F – Physical Fitness Requirements

The Contractor shall adequately train their security personnel to meet the rigors of protective services.

GSFC requires as a minimum standard the annual Physical Abilities Test (PAT) outlined below. The standard applies to Security Officers, Security Police Officers, Supervisory Security Police Officer, and all other contractor employees authorized to be armed. The PAT is to be completed within 7 minutes and consists of the following:

- a. From a seated position exit vehicle/open trunk/grab baton-flashlight
- b. Complete 220 yard run
- c. Navigate an obstacle course 40 in wall, three hurdles (24 in, 12 in, 18 in high), serpentine pylon maneuver, low crawl – (total length 115')
- d. Complete 50 ft sprint
- e. Drag 150 lb dummy 100 feet
- f. Repeat obstacle course
- g. Repeat 220 yard run
- h. Return baton-flashlight to trunk and enter vehicle
- i. Time stops when employee is seated with both hands on the steering wheel.

Additionally, the Contractor shall require each officer to run one (1) mile annually within the below listed maximum times for each age group.

<u>Age</u>	<u>Time Limit to Pass</u>
29 and under	10:00 minutes
30 – 39	11:00 minutes
40 – 49	11:30 minutes
50 and above	12:30 minutes

These minimum standards shall be considered a condition of employment. Personnel who fail to meet this standard may continue to perform their current duties and be retested within 60 calendar days. Those Contractor employees that fail the 2nd test shall be reassigned to a non-tested position (i.e. ID specialist) or removed from the contract. Participation on specialty teams (e.g., K-9) require additional standards in accordance with NPR 1600.1. Refusal to test shall be considered a basis for removal.